

MICHAEL-TRUST



OLD AGE HOME ANNUAL REPORT 2023-2024

18/160, Pollachi Main Road, Panjapatti, Thalavaipattinam (P.O),
Dharapuram (T.K), Tirupur District, Tamil Nadu – 638 672.

michaeltrust.tn@gmail.com.

M. Mahalingam
**DIRECTOR
MICHAEL-TRUST
DHARAPURAM.**

ATTESTED
[Signature]
**S. SHANMUGASUNDARAM, B.A., B.L. (BL)
ADVOCATE & NOTARY
LAW CHAMBER : 3, MADRAS HIGH COURT,
MADURAI BENCH
No : 36, CSI COTTAGE, A.M.C. ROAD,
DINDIGUL - 1.**

INTRODUCTION

MICHAEL TRUST is a registered trust which is registered under Tamilnadu trust registration act. We are serving for the society since 1995. We have been worked with this society in many fields like women development, elders care, children development etc. In this report let us see our activities of the past year.

SENIOR CITIZENS HOME.

We are running a senior citizens home for elders, Integrated programme for senior citizen (IPSrC) under the Ministry of social justice and empowerment (MSJ&E). In our senior citizens home more than 25 elders are getting the benefits of government of India through us. We are giving a good shelter and healthy food, medical care and psychological care.





PMU OFFICER VISIT & OFFICE STAFF

DAILY ACTIVITIES OF OUR HOME

In our home a day starts with yoga practices, our part time yoga trainer provides simple exercises to elders with simple yoga like padmasana, pranayama, according to their health condition and age. This kind of events help us to improve the health condition of elders and extend their life span. Pranayama practise helps the elders to breath easily and reduces their blood pressure. The yoga practices help to reduce the stress of the elders.



EVENING PRAYER IN OUR HOME

HEALTHY FOOD

We provide healthy and hygienic food for elders according to the climate and their health condition in pre-planned system. In our home they are taking foods like Idly, Pongal, meals, uppma, chapathi raki, and vegetables. In morning we provide simple food like Idly, Pongal or uppma. In the lunch time we are giving meals with vegetables. In dinner time we are giving chapathi, or idly or light tiffin to them. Weekly once or twice we also give non vegetarian foods like fish, chicken, egg according to the need.



LUNCH PREPARE



LUNCH TIME



TEA TIME



VEGETABLES

COUNSELLING

Our counsellor gives counselling to elders in a routine cycle according to the need. Counselling is an essential for elders to reduce their stress. Elders are coming from variety of back grounds. Our counsellor's such kind of counselling help us the elders to recover from their family and individual problems.



RECREATIONAL ACTIVITIES.

Every day they spend their time in recreational activities like watching television, hearing radio, and reading news papers and weekly magazines. In their spare time they spend the time in indoor traditional games like playing Thayam, adupuliattam, paramapatham, and carrom board or chess.



PLAYING THROW BALL



REDING NEWS PAPER



TEMPLE VISIT



PALLANKUZHI PLAYING

HEALTH CARE

Our part time nurse takes care of elders everyday and helps them to do their daily activities and medicines as per the doctor's prescription. Our multi task staff team takes care of the elders round the clock. Our part time doctor visits the home frequently and takes care of elders as per their needs. This kind of activities helps the elders to free from illness and being happy.



MEDICINE STOCK



NURSE CARRYING



DOCOTER VISIT

YOGA TRAINING



SUGGESTION BOX

We are also maintaining suggestion box facility to elders. In this suggestion box they are giving valuable suggestion to us in written format, complaint book facility is also available in our premises.



MICHAEL - TRUST

CONCLUSION

With the support of state, central government and public, we are performing our best. We are also expecting your valuable suggestions to develop our service. Inform our service facilities to others to reach our service to others. Help us to reach the unreached.

M. Mahidhi
**DIRECTOR
MICHAEL-TRUST
DHARAPURAM.**

ATTESTED
[Signature]
**S. SHANMUGASUNDARAM, B.A., BL. (INL)
ADVOCATE & NOTARY
LAW CHAMBER : 3, MADRAS HIGH COURT,
MADURAI BENCH
No : 36, CSI COTTAGE, A.M.C. ROAD,
DINDIGUL - 1.**